

Dear Friend of The Reiki Center:

WHAT MAKES A REIKI PRACTITIONER CREDIBLE? The Reiki Center is often asked how to select a Reiki practitioner, especially since training can vary widely from school to school. The Reiki Center is proud to only follow the traditional Usui School of Natural Healing, the original template created by Dr. Mikao Usui in 1921. All Reiki practices evolved from this format, yet many schools have moved towards a more modern practice. In the Center's traditional classes, students receive four personalized attunements, or activations, to allow each person to fully feel and work with the energy, as well as an indepth education on topics not often covered by other schools, e.g. the biofield, microcosmic orbit, what does it mean if a chakra is too open or too closed, etc. Students who wish to continue their education beyond the Advanced Practitioner Level may enroll in an Intern Program, a six-week intensive series of classes which provides both classroom and hands-on experience, as well as attend monthly shares to extend their skills. The opportunity to receive an Usui Reiki Master certificate from the Center is only granted to those who demonstrate exceptional skills and commitment to the discipline. Pamela Miles, a Reiki Master profiled on "The Dr. Oz Show" in January, offers her recommendations in her website www.reikiinmedicine.org or click here http://reikiinmedicine.org/clinical-practice/recipe-for-reiki-credibility/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+Reikiinmedicineorg+%28reikiinmedicine.org%29&utm_content=Yahoo%21+Mail

CANCER PATIENTS BENEFIT FROM REIKI Some patients say Reiki empowered them to fight cancer through their own body's natural healing powers -- a spirit they hope will carry them through recovery. <http://www.wcsh6.com/news/health/story.aspx?storyid=114182&catid=8>



INTRODUCING THE REIKI CENTER 'S NEW HYPNOTHERAPIST

The Center welcomes Se'veer Reeves, pictured left, as our new certified Hypnotherapist. Having received certification through the National Association of Transpersonal Hypnotherapists, the Edgar Cayce Institute for Research and Enlightenment, Se'veer is also a practicing nurse for the past ten years and received her Usui Reiki Master certification through The Reiki Center in 2009. Healing mind, body, and soul is her ultimate goal. Se'veer Reeves is a master student of the Hagar School of Mediumship and Psychology founded by Father George W. Hurley,

and is further developing the art of mental healing, spiritual advising and psychometrizing.

HYPNOSIS AIDS CREATIVITY Creativity is defined as the ability to transcend traditional ideas, rules, patterns, relationships, or the like, and to create meaningful new ideas, forms, methods, interpretations, etc. Creativity is easy to define, but researchers often question how it can be measured and how people have different aptitudes for creativity. New research indicates that hypnosis aids in the research of creativity [http://www.naturalnews.com/027805_hypnosis_imagination.html]

TWO AKASHIC RECORDS CLASSES SCHEDULED The Akashic Records are an infinite source of wisdom that offers unlimited opportunities for growth. Workshops presented by Tammi Rager on either Saturday, May 1 or Sunday, May 2 from 1-4 pm each day will help provide the foundational

information for you to work with them and to make dynamic life changes possible... while also helping to manifest the life you desire. Through the use of practical exercises, worksheets to take home, group sharing and mini-messages from the Akashic Records, attendees leave with a firm foundation to start making the desired changes in their lives and ways to further develop their own individual relationship with their Akashic Record studies. Tammi is Publisher/ Executive Editor of DreamWeaver Magazine, a professional intuitive with almost 20 years experience, and is a nationally recognized speaker on holistic and metaphysical topics. Registration fee is \$40. Please call the Center at 486.8323 to reserve your spot. For additional information, please click <http://www.thereikicenter.net/programs.html>



NATURE AND YOU: WORKING WITH THE ELEMENTS Earth, air, fire & water speak a unique language in nature and in you. Learn how to tap into this way of seeing and being. How do the elements speak to each of us? Which elements do you most resonate with? This workshop will incorporate Shamanic principles as well as being interactive and drawing from your experience of nature and yourself. Bring your curiosity and the desire to see yourself anew. Led by Intuitive Guidance practitioner Jenny Sieck, this \$95.00 workshop will be held on Sunday, April 18 from 10:00 am to 3:00 pm. Register 486-8323. For additional information, click <http://www.thereikicenter.net/programs.html>

MEDICINE REIKI Medicine Reiki is healing technique created in the 1990's which combines the medicinal approaches of Native Americans and the spiritual approaches of Japanese Reiki. The healing process is done in groups or in small communities. Participation of the community is necessary during the healing sessions creating a closer bond between individuals which is great for sharing energy. The closer the bonds between the members of the group, the greater the energy flows within the group, the better and faster the healing process. [<http://www.indonaturalhealth.com/2010/02/medicine-reiki-technique-which-combines.html>]

ADVANCED REIKI INTERNSHIP Are you an Advanced Practitioner who would like to further improve your skills? Perhaps you haven't practiced for a while and you would like to refresh your abilities and become reacquainted with basic information? The Reiki Center announces the creation of an Internship Program for Level II Practitioners designed to provide the answers and personalized attention to help each Advanced Practitioner reach his or her goals. Students of all lineages and schools may participate in the six week training program. Students who are not graduates of The Reiki Center must have knowledge consistent with most Reiki II programs, e.g. understand and be able to draw the primary Reiki symbols, basic knowledge of the Chakra System, and the Reiki Principles. The classes are divided into six modules, with one hour each of classroom/discussion and one hour of hands-on practitioner/client table experience. Course topics include:

- What is Reiki (How do you describe it to others?);
- Clinical Studies in support of energy healing techniques;
- In-depth study of the Chakras, Microcosmic Orbit, and Biofield;
- The treatment process (client intake, practitioner etiquette and protocol);
- Anatomy and Physiology review;
- How to address a client's non-traditional response to treatment;
- The importance of Reiki symbols and Distant Reiki;
- Other modalities that enhance the Reiki experience (crystals, tuning forks, color therapy);
- Legal considerations, e.g. insurance and documentation.

The Internship Program is facilitated by Center staff member Susan Baas, a certified Reiki Master. Classes will be held on six consecutive Tuesdays beginning March 23, 2010 from 6:30 to 8:30 pm at The Reiki Center, 1540 West Fifth Avenue, Columbus. Program fee is \$200, with a \$50 deposit holding your reservation. For additional information, please call the Center at 614.486.8323 or email susan@thereikicenter.net.



SOUND HEALING TUNING FORKS CLASS

SomaEnergetics is a powerful series of sound therapies that utilize tuning forks calibrated to the frequencies of the ancient Sofeggio scale to help open energy channels for personal transformation and healing. Learn how to bring this profound healing modality to your life and the lives of those around you. Upcoming SomaEnergetics Classes: April 29th and 30th, May 27th and 28th and June 26th and 27th 2010. **Class Fee is \$249.00! All materials including the**

manual and basic tuning fork set can be purchased at www.somaenergetics.com prior to the class.

REIKI REDUCES ANXIETY FOR COLONOSCOPY PATIENTS

A new pilot study shows Reiki may reduce colonoscopy patients' anxiety and need for post-procedure pain medication. The study examined the use of Reiki prior to colonoscopy to reduce anxiety and minimize intraprocedure medications compared with usual care, according to an abstract published on www.pubmed.gov. A prospective, nonblinded, partially randomized patient-preference design was employed, using 21 subjects undergoing colonoscopy for the first time. Although the experimental group patients had more symptoms, they did not require additional pain medication during the procedure, suggesting that: anxious people may benefit from an adjunctive therapy; anxiety and pain are decreased by Reiki therapy for patients undergoing colonoscopy; and additional intraprocedure pain medication may not be needed for colonoscopy patients receiving Reiki therapy, the abstract noted. "This pilot study provided important insights in preparation for a rigorous, randomized, controlled clinical trial," the authors wrote. The results were published in Gastroenterology Nursing, the journal of the Society of Gastroenterology Nurses and Associates. (<http://www.massagemag.com/News/massage-news.php?id=8596>)

MEDITERRANEAN DIET IMPROVES BOTH HEART AND MENTAL HEALTH

according to a study conducted by researchers from the Universities of La Palma and Navarra in Spain, and published in the *Journal of the American Medical Association*. The Mediterranean diet is high in fruits, vegetables, nuts, cereals, fish, and monounsaturated fatty acids like those found in olive oil. It is low in meat, and intake of alcohol and dairy products are kept to moderate levels. Prior research has shown a significant connection between the Mediterranean diet and a lower risk of heart disease and cancer. ... After adjusting for depression risk factors such as marital status, number of children, lifestyle habits, anxiety, competitiveness and other personality and lifestyle traits, the researchers found that those who followed the Mediterranean diet most closely had a 30 percent lower risk of developing depression than those who did not follow it. (NaturalNews.com, Wednesday, February 10, 2010)



INTRODUCTION TO REIKI (Reiki I) Have you ever wanted to relieve a headache or an aching muscle without medication? Imagine peace of mind being within reach just by employing an easy to use technique. Cost for the Reiki I

class is \$200, with a \$50 deposit received prior to the class. A course manual, binder, handouts, vegetarian luncheons and snacks, and ample supervised practice periods are all included. Upcoming Reiki I Classes: March 20th & 21st, April 5th & 6th, April 10th & 11th, April 24th & 25th, May 3rd & 4th, May 15th & 16th, June 7th & 8th, June 12th & 13th. All classes will include Animal Reiki and will be priced at \$275 if both certifications are requested. Pictured are new Reiki I and Animal Reiki practitioners Joyce Lutz, left; and Anne Hallowell, right; with instructor Susan Bass.



ADVANCED REIKI TRAINING (Reiki II) Learn how and when to use the Reiki symbols for maximum benefit, to provide an effective distant healing treatment and how to set up a professional practice, if you so desire. Cost for the Reiki II class is \$250, with a \$50 deposit received prior to the class. Fee includes course manual, handouts, vegetarian luncheons and snacks for both days. Upcoming Reiki II Classes: March 6th & 7th & May 15th & 16th 2010. Pictured left are new Advanced Practitioners (standing) Dale Lear, Jeannie Acri, Tony DeLaCruz, Deborah Wadsworth, Elena Rodriguez, Virginia

Prior, and (seated) Jennifer Redmon and Nicole Cochran.

ANIMAL REIKI CLASSES Enhance your Reiki skills to help your pets or animals in your professional care. Learn merging techniques, animal behavior and body language, establishing trust, the animal chakra system and the treatment process by species. If you are already an energy practitioner, you may enroll for the class on Sun, March 21 from 1-5 pm; Tuesday, April 6 from 1-5 pm; Sunday, April 11 from 1-5 pm; Sunday April 25th from 1-5pm; Tuesday, May 4th from 1-5pm; Sunday, May 16th from 1-5pm; Tuesday, June 8th from 1-5pm or Sunday, June 13th from 1-5pm for \$125.00. If you are not yet a practitioner, select the full classes for March 20-21, April 5-6, or April 10-11 as well as the above mentioned under Introduction to Reiki for \$275. A \$50 deposit will hold your reservation.

REIKI SHARES are held on the last Sunday of each month from 6-8 pm. Are you from a different lineage, or perhaps did not receive your instruction through The Reiki Center? Shares welcome all practitioners for an opportunity to share in fellowship and some greatly needed TLC. The next share will be held on Sunday, February 28 at 6:00 pm.



Linda Haley, RMT
Director
The Reiki Center
1540 West Fifth Avenue
Columbus, Ohio 43212
614.486.8323
www.thereikicenter.net
email info@thereikicenter.net